



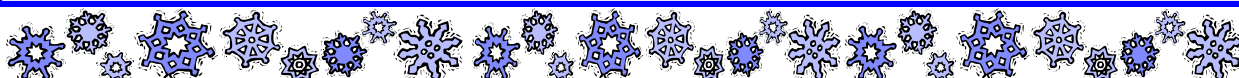
The Martha Messenger

Community Newsletter of the Martha T. Berry MCF

January, 2010

Volume 14

Wishing You Health And Cheer As We Begin Another Year



Presenting Some Highlights of the Holiday Season At Martha T. Berry

The annual Open House (held this past year on December 4th) and the Christmas Meal (enjoyed on December 12) are two of the highlights of the Holiday Season. Here we present some of the scenes that arrived with smiles and left us with happy memories of our celebrations with one another at MTB.



Catherine Cipriano visits her mom, Seraphine Cipriano together with friend Scott Nadeau.



Santa is ready to chat with visitors at the Open House.



Ruth McManemy's great grandson is awed by Trooper's size.



Rita Dean is escorted to the festivities by a willing helper.



Kimberly Gentile and her mom seem to be having a great time together.



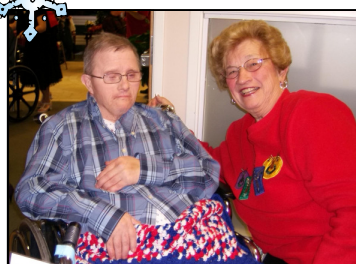
Welcome visitor Nancy Orrell checks Open House details.



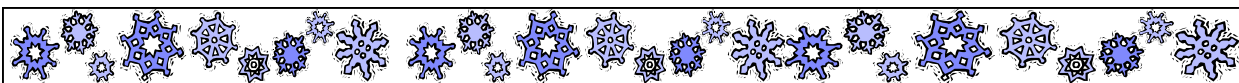
Santa stops to chat with Wanda VanDerlinden and Mary Ann Wiederman.



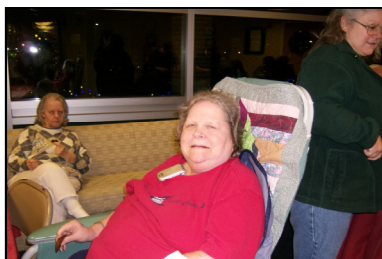
Our beautiful tree...



Roger Kukuk visits with his sister on Open House evening.



Our Special Events Committee



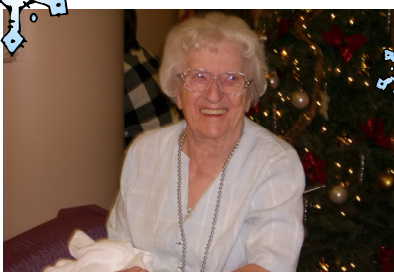
Patricia Ray enjoys the evening.



CNAs at the Christmas meal.



Unit Clerk Pat McDonald is a willing volunteer.



Sophie Petrowski is having a great time at the Open House.



Beautiful Christmas Meal setting.



Trooper receives friendly pats from Bob Howells and brother.



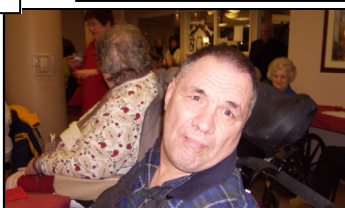
Betty Wegener's smile reflects her Xmas spirit.



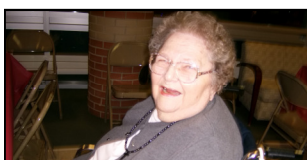
Larry Hourigan and his wife at the annual Open House.



Linda Goff shares a laugh with her husband, John.



James Corbett is waiting for Santa to arrive.



Norma Collins joins in the Open House celebration.



The Nutcracker



Our CNAs know where to find a great Christmas meal.



Meet Two Of Our January Birthday Celebrants

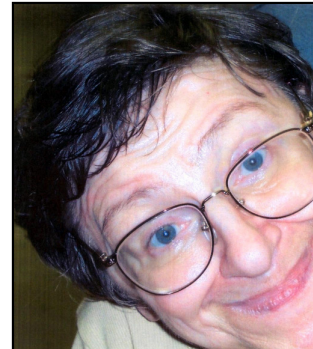


Lauren Monet-Nietkiewicz greets visitors at the annual Open House.

Lauren Monet-Nietkiewicz has lived in Michigan for her entire life. Born in Hamtramck, she attended Pulaski Elementary School and Hamtramck High School. Lauren comes from a large family. She is the youngest of the group and fondly recalls her sisters Angie, Vergie, Helen, Rose, and brothers Frank and Joe. Her sisters always claimed that mom spoiled her, a fact that Lauren adamantly denies. Her dad worked for the Ford Motor Company and mom spent her time as a homemaker, caring for her large family. As a child, Lauren had two special friends, Janice and Lillian with whom she recalls roller skating and ice skating. Lauren went to work at a young age, first for the Moss Drug Store and later for a local deli. She also had to help mom with the household chores. She was married to her first husband, Joseph, at the age of 19. They had one son, Donald, together. After 15 years, the couple divorced and a few years later, Lauren was married to John Nietkiewicz. She states that she was a good home-

maker, having learned her skills from her mom and was an especially good baker. Upside down cakes and Bundt cakes were her specialty. Lauren came to live at Martha T. Berry MCF almost ten years ago. Her son selected the facility after visiting several places and finding MTB was the "cleanest place he could find." Lauren spends her time here attending the various available activities. She also enjoys visiting with resident friends. Lauren loves to chat and says that she has only one son to visit her. She would welcome more company and extends an invitation to "stop by and chat" to anyone who might be interested. We wish her an especially happy birthday and invite one and all to stop by and wish her a very happy birthday.

Theresa Wiacek, was unable to give an interview for the newsletter. However, her son, Dennis, graciously supplied the information for this birthday feature. He states that Theresa was born in Germany and, together with her family, immigrated to the United States when she was about ten years old. The family included three other girls and three boys in addition to Theresa. The family settled in Detroit and when Theresa married at the age of



Theresa Wiacek welcomes her son with a loving smile.

18, she and her husband lived in Sterling Hts. Theresa had three sons and suffered a stroke after the birth of her youngest child. She was cared for by her husband until his death. Son Dennis and his wife took over her care for a time and eventually, needing help, selected Martha T. Berry MCF for her residence. Dennis says that he dearly loves his mom and that she did not deserve the hard blows she has had. He says that even though she cannot speak, she knows him and is happy to see him. He would dearly love to be able to do things with her, take her out to eat or to a movie and, if he had great wealth, he would invest in medical advancements to help her. He brings her a chocolate shake, her favorite treat, every time he visits. Theresa is blessed with the love of a devoted son who finds time to visit and bring light into her life.



Wishing A Happy Birthday To Our Residents




Sevilla Benson	Jan.2	Veronica Peltier	Jan.13
Lauren Monet-Nitkiewicz	Jan.2	Theresa Wiacek	Jan.14
Walter Bloom	Jan 2	Kay Carpenter	Jan. 15
Maryanna Kuberski	Jan 6	Elizabeth Grimm	Jan. 22
Jeanine Leszczynski	Jan 6	Helen Wojdacki	Jan.25
Peggy Kotyk	Jan 9	Delores Stadwick	Jan 27
Joanne O'Connell	Jan 10	Gladys Hayden	Jan.29
Irene Stricker	Jan 13	Andrew Bulat	Jan.29
		Mandy Sheadrick	Jan.30



January Events



1/2	King of Kings Bingo	10:30 AM
1/3	Rosary with Knights of Columbus	2:00 PM
1/5	Resident Council	2:30 PM
1/6	Aunt Theresa Bingo	10:30 AM
1/6	Germack Nut Sale	All Day
1/7	Food Committee Meeting	2:00 PM
1/8	C.C.Plus	2:30 PM
1/9	King of Kings Music Group	10:30 AM
1/12	St. Peter's Church Bingo	10:30 AM
1/12	Tony the Accordion Player with Banjo Dan	7:00 PM
1/13	Dollar Store	2:00 PM
1/14	Good Neighbor Bingo	7:00 PM
1/16	Lioness Bingo	10:30 AM
1/23	King of Kings Crafts	10:30 AM
1/26	Red Hat Tea Party	2:30 PM
1/27	Casino Day	2:30 PM
1/27	Cootie Bingo	7:30 AM



Pet-A-Pet Thursday
January 28 evening



Residents' Corner



by Laurie Richards

The Resident Council meeting was held on Wednesday, December 2nd, 2009. The residents discussed out-trip ideas for the future. Ideas included bowling, going to a movie, visiting a casino, Frankenmuth, Canterbury Village, a tour of Morley Candy Factory, and going out to eat at a restaurant. Other topics included future fundraisers and opportunities to shop before the holidays, nail day requests, and requests for clocks in the alcoves.

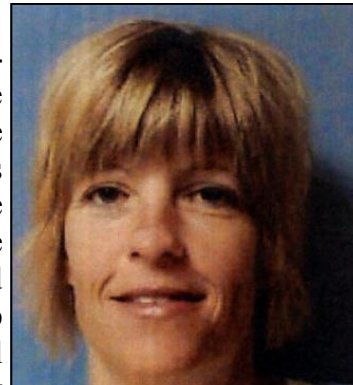


Employees Of The Month For January 2010



Michelle Scott can sense how you are feeling and knows how to care for you.

Michelle Scott and Peggy Penzien have been selected by the residents as Employees of the month. They say that Michelle is a very friendly and compassionate person. She is really cute. She can sense how you are feeling and she knows just what kind of help you need. You don't have to tell her how you are doing. She just knows what you need and will do



Peggy Penzien knows how to clean the way your mom would.

her best to make you comfortable. Residents give Peggy Penzien the ultimate compliment when they say she cleans just the way your mom would. They also say she is really "on top of her game" and that she is always very efficient and detail oriented. When Peggy does the job it is complete and does not have to be gone over again. Congratulations, Michelle and Peggy. Don't forget that you are entitled for a special reserved parking space for this month...a really nice perk during these cold, wintery days.



Cyndi Says.....



Winter has arrived in force and it is once again time to put away light clothing and to keep the warm, wooly items close at hand. Family members and friends, please help your loved ones remove light clothing from their wardrobes and make room for seasonal clothing that is more appropriate for this cold weather. This will enable the Laundry Staff to process and return clothing in an efficient manner. Residents, if you are doing your own cleaning out and arranging of your wardrobe and need help doing so, please tell your Unit Manager so that assistance can be provided. A neat wardrobe will make it easier to find the items needed to keep warm. I am sure the Laundry Staff will appreciate your efforts and will reward you with a prompt return of your nice, clean clothing.

As we begin yet another year, I wish all who pass through the halls of Martha T. Berry, whether to reside, to work in, or to visit, a wonderful and Happy New Year. To our dedicated staff members who do so much to make our residents comfortable and well cared for, I extend my sincere thanks and appreciation for your efforts and cooperation. Again, sincere thanks.



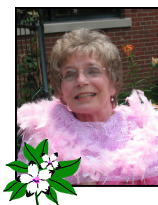
January Poem

by Lenore Plowchan

January 1 is New Year's Day, the year 2010 and yes, it is time
To make those resolutions once again...

January 18th We celebrate Martin Luther King Jr's birthday.
Government offices will be closed to honor him that day.

There are no more holidays this month...Let's have a little fun.
Let's talk about friends you have. Everybody has at least one.
Your friend may be person, books, or personal thoughts
Someone to share your feelings with laughter or through tears.
You share the good and the bad. That's what friends do.



A Sincere Thank You To Those Who, Through Their Kindness And Generosity, Have Supported The Martha Messenger In 2009...

*Denise Wilson Jan Weiss Debbie, Pat, and Brenda Tom Murphy Kathy Lesniak Sally Wheeler
Ruth & Sergio Barrientez Sue Chadda Chris Cronin's Family Diane Gracher Ketty Cueter
Cousins of the Shendel Family Victoria Kapp Gregory & Judith Zdankiewicz Sharon Tomkowiak
Douglas & Deborah DeMeester Marty Mok in memory of Al Mok & Emily Krueger Susan Kozemko
In Memory of Shaun Anonymous Donors Litho Printing Members of St. Athanasius Church*

Please Keep The Martha Messenger Alive and Well...

For the past year, publication of the Martha Messenger was made possible by the sponsors who contributed to cover the cost of printing. Now that the New Year is here, a number of pledges have expired and, once again, I am asking for sponsors who will make a monthly pledge to keep the Martha Messenger going. Can you make a monthly contribution? No pledge is too small and any amount will be gratefully accepted. A pledge can be made in memory or in honor of someone. Please, let's keep our newsletter alive. To make a pledge, contact me at 465-8529 or at 97099.

Thank You in advance for your contribution. Your Editor



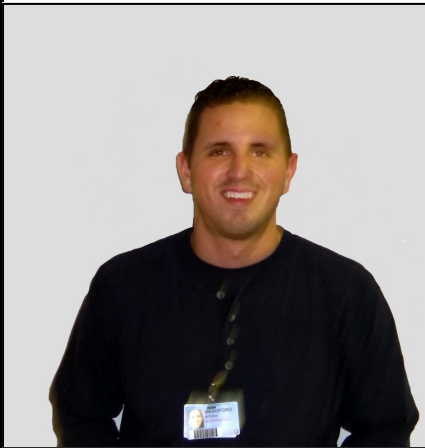
Rita Shendel

Introducing Our Maintenance Technicians

A warm welcome is extended to **Brad Atkins** who has joined the Martha T. Berry staff as a maintenance technician. Brad was born in Sterling Heights and attended Henry Ford High School there. He says that, even as a small child, he enjoyed taking things apart and fixing them. He still enjoys repairing things and says that he would be happy to fix things around his house or for friends and family for free. However, Brad jokingly says that it is much better to work at Martha T. Berry where he can do two of his favorite things...talk to the residents and fix things all day long and even get paid for doing so. Before he came to MTB, Brad worked independently maintaining rental houses for his uncle and remodeling basements for clients who hired him to do so. A retired friend told him about an opening here and so, he applied and got the job this past October. The work he does here varies and includes plumbing, electrical, drywall repair, painting and carpentry. The work day starts for Brad when he picks up his work orders every morning and, since they are always different, what the day has to offer is never boring. Brad has also acted as a Sales Manager for Lifetime Fitness in Troy and has a BS in Business Administration from Wayne State University.

Maintenance skills run in the family and Brad's brother worked in the same area. His dad retired from General Mo-

tors and his mom is a hospice nurse at Troy Beaumont Hospital. His sister's job in logistics includes a great deal of travel. At the present time, Brad has two dogs, both cockapoos, Tyler and Zoey. Brad says that one of the things he likes best about his job here is being able to fix little things that the residents need taken care of and that is what puts a smile on his face every day.



Brad Atkins

While he lived in Sterling Heights as a child, **Phil Ferqueron** lives in Macomb Township at the present time. He says that he was an ambitious little kid, always running through the woods, climbing trees, and chasing his brother around. His brother was only a little over a year older and together they would spend time building things, forts, tree houses, and tire swings. His dad owned his own construction company so construction has always been a part of Phil's life. Phil is married and he and his wife Lindsey have four sons, Nathan, 9, Joey, 7, Ayden, 4, and Cohen, 2. He says that his

children are a blessing and that they are an energetic and loving bunch.

Phil and his brother started their own business in 2001, Ferqueron Brothers, Inc., doing carpentry for custom built homes in Mississippi. Tragically, his brother was killed in a motorcycle accident two years ago. Phil was devastated and found he was unable to continue the business without his brother. He says that his grief for his brother enabled him to teach his sons the importance of love for one another within the family. Two dogs make their home with the Ferquerons...Harley an 80 pound Boxer and Hanna Montana, a 5 pound Shitzu-Maltese.



Phil Ferqueron

Phil's duties as a maintenance technician include maintaining the generators and boilers in addition to completing daily work orders. Phil loves his job here. He and his brother always wanted to give service to the elderly. That was not to be. Now he says that when he leaves here every day, he has a sense of gratitude that comes from being able to help the elderly people who make MTB their home.

Welcome New Residents

Helen Wojdacki
Betty Murray
Duane Williams

Alfred Price
Radford McGuire
Isidore Cipriano

Raymond Maguet
Patrick Labelle
Mitchell Bobrowiecki

Best Wishes To Those Who Have Been Discharged

Eicke Corzelius

John Haemelinck

All About Our Physical Therapy Department



Our Physical Therapy Department staff from Left to Right Chiray Patel, PT, Lyn Hau, COTA, Kim Ostrowski, OTR, Aaron Zbozien, PTA, and Sue Vanderziel, COTA,

Encore Rehabilitation is providing Physical Therapy services to the residents of Martha T. Berry. Encore provides this service to a number of skilled nursing care facilities in Michigan. When contracted with a facility, Encore uses its available equipment in addition to bringing additional equipment as well. At MTB, therapy services are provided Monday through Saturday.

Therapy is much more than physical exercise, as is sometimes thought and includes three areas: Physical Ther-

apy, Occupational Therapy, and Speech Therapy. The physical therapist works with the patient to build lower body strength and to improve balance and gait. The occupational therapist helps the patient to build upper body strength and to carry out the activities of daily life such as bathing, dressing and self care. The speech therapist aids the patient with cognitive language skills, with swallowing, and with the articulation of words.



Speech therapist Adam Laferrierr makes out his daily plan and prepares to work with patients in need of speech therapy.

Speech therapy also deals with higher level problem solving such as learning to pay bills on time or completing tasks in the correct order. It teaches compensatory strategies to enable the individual to function on his own in the community. Physical Therapy addresses problems of moving and function which are caused by aging, illness, injury, and environmental factors and helps the individual

patient to maintain or restore maximum function and movement. All in all, quite a large order!

One might ask how the need for Physical Therapy of any kind is determined? Kim Ostrowski, Physical Therapy director here at MTB states that staff caregivers are asked to observe residents and notice changes in status. Is the resident having a hard time with certain activities? Difficulties are reported and a determination of need is made. Screens by the Physical Therapy staff take place four times a year. Residents are observed to determine if they are having a more difficult time walking, transferring, and getting around and appropriate activities and exercises are planned. However, all Physical Therapy requires a doctor's order so when need is observed, a report is made, first of all, to the doctor. The doctor must write an order before Physical Therapy is provided to the resident. Individual needs vary, and depending upon need, the resident may see and work with a therapist from three to five days a week. Kim states that "everyone who needs therapy gets it" and that no two individuals are the same. We welcome the Encore Physical Therapy staff to Martha T. Berry MCF and look forward to the efficient way in which they will provide for the needs of the individual residents.



Chirag Patel, Physical Therapist, works with resident Harold King.